

Christmas is just around the corner

Helpful tips for Christmas shopping and finding the perfect gift for your loved ones.

LIFE 14

Spoke

Graduation rate a top priority

College council discusses reasons students not completing their programs.

NEWS 2

Animals can relieve stress

Studies also show that owning a pet can lower blood pressure.

NEWS 6

Monday, November 18, 2002

Conestoga College, Kitchener

34th Year — No. 25

Master's degree required to teach new degree programs

By MARCY CABRAL

With the college approved for two degree programs and two more degree applications under review, teaching requirements for these up-and-coming programs have changed. In order to teach at the new level all teachers must now have a master's degree and significant experience in their specific field.

The policy was formally implemented last year, but over the past four or five years management has tried to ensure that all new hires have had a master's as a minimum requirement.

However, this policy does not apply in the apprenticeship programs. In these special cases the college looks for master craftsman in their chosen field.

According to David Burns, college vice-president of academics, this new policy is beneficial to both faculty and students.

"What we're looking for is people who have a master's degree in their specialty, plus significant industrial experience . . . the key is to have a deeper exposure both academically and in the industry."

"What we are looking for is people who have a master's degree in their specialty."

David Burns,
college vice-president
of academics

"I think, frankly, that everybody who works in an educational institution and is in a teaching position should always be upgrading their qualifications," Tibbits said.

But, for Burns the bigger question still remains: "How do you keep your faculty at the leading edge of their field?"

Things are constantly changing and you want people who are up-to-date and not antiques, he said.

Over the summer the college hired 34 new faculty members, and according to Tibbits, 33 of them had a master's degree and significant field experience, making these individuals highly qualified to teach their assigned courses.

However, not all people believe a master's degree necessarily means better.

Jon Olinski, president of Conestoga Students Inc., has concerns with the new policy and believes a master's degree should be a hiring preference and not a requirement.

"You're not including a lot of great faculty. If this policy was in place 20 years ago there would be a lot of people, who have been here that long, who are excellent, that wouldn't be here."

Although industry experience is important it is also just as imperative to have some teaching background. The trick, however, is finding the right balance between the two.

If a teacher can't teach and the students aren't learning anything then that teacher really shouldn't be here, Olinski concluded.

According to Michael Dale, a full-time academic support staff member, one of the policy's biggest problems is that the government has trouble recognizing informal education.

He believes someone who is self-educated can be just as smart, if not smarter, than someone with post-secondary education.

"Just because someone has letters behind their name doesn't mean their brilliant," he said, adding, "It means they went through the process at some point in their lives."

He understands the college's point of view and is confident the school is moving to the next level, the best way it knows how. But he also believes the policy changes have to be made with careful analysis and sensitivity from all perspectives.

"I see the changes as positive. In general there are some problems and glitches, but there will always be problems when you implement change," he said.



(Photo by Carla Sandham)

Roll up your sleeves!

Accounting student Tania Wu receives a flu shot from Judi Parry of health services Nov. 8. About 800 people were vaccinated during the six-day clinic at the college.

Tibbits asks city to consider grant for ATS Centre renovations

By JAMES DOYLE

Conestoga College President John Tibbits would like to give the ATS Centre a facelift.

The current ATS Centre, located in parking lot 10, is an old storage garage that has been turned into a training centre for information technology and industry training. This new building will be used as a training centre for companies to enhance and develop employees' skills. The college is hoping to renovate the current ATS building into a \$5-million, 18,000-square-foot skills training centre.

"The college is growing so quickly," said Tibbits. "This will give us more space for students and training for workers in the field."

Tibbits appeared at Kitchener

city council on Nov. 4 to ask for a \$1-million grant to assist in the building of the new training centre.

He is hoping to get a piece of the \$6.7 million that has been allocated to the region for Super-build projects. This would also mean the federal government would give the project another \$1 million. The college has the land and will purchase equipment for the new centre with more money coming from the private sector.

"We have 15 private partners who are ready to go," said Tibbits. The private sector includes some trade unions. It is estimated that approximately \$900,000 will be private donations.

Tibbits is optimistic the city will give the project the go-ahead. "I

think we have a good chance." This optimism comes even though city officials told council to stop capital spending. Kitchener has rung up a \$52-million capital spending bill in the last three years.

Tibbits is confident because if the city does not spend any of its Super-build funds, they will lose all of it. "We wouldn't go up there if we thought it was hopeless. I think our odds are better than 50-50."

Tibbits also said that if the city does not help out, then the project would not become a reality. "We hope to be up and running by September 2003, ready for the double cohort," he said.

A council decision could come in December during capital budget discussions.

Out of the Cold gets people off the streets

By AIMEE WILSON

As the cold, blustery days set in many people are pulling out their woools and flannels. For others, figuring out how to stay alive for the next four months is more important.

Homelessness is an issue in most major Canadian cities. Living on the streets becomes even more chaotic once the cold sets in and warm clothing is hard to come by.

A shortage of affordable housing has left many of Waterloo Region's shelters overcrowded. Now that the cold weather has swept over the province, the vacancy rate is even lower.

According to Marie Morrison, planning associate in the area of homelessness in Waterloo Region, the area is tied for sixth for lowest vacancy rate in Canada and tied second for lowest vacancy rate in Ontario.

From November until the end of March, a program called Out of the Cold is operated to help the homeless find shelter and warmth.

The Out of the Cold program originated in Toronto when the first shelter opened in 1988. In February 1999, Waterloo opened its first Out of the Cold shelter at First United Church. In the fall of 1999, three more churches got involved in the program. By 2000, seven churches opened their doors to the homeless in Waterloo Region.

The churches include: St. Louis Church, St. John's Lutheran Church and First United Church in Waterloo and Trinity United Church, Bethany Evangelical



(Photo by Aimee Wilson)

A homeless man attends the Out of the Cold program at St. Louis Church in Waterloo.

Missionary Church, Benton Street Baptist Church and St. Matthew's Lutheran Church in Kitchener. The seven churches rotate the program for every night of the week.

Mike Savage, site co-ordinator for the program at First United Church, said, "The purpose (of Out of the Cold) is to provide a welcoming and warm atmosphere for the winter months." The program provides overnight shelter for those in need. Each site is run by volunteers who arrange hot meals, supervise during the night and clean up in the morning. There is training provided for the volunteers twice a year, once in October and again in January. The training consists of

health and safety, mental health issues on the streets and violence. Tours of the church are also given.

According to Savage, the average number who stay for supper is 70 to 80 and the average number who stay the night is 40 to 50. The numbers drop for overnight stay because some people can afford housing and choose not to buy groceries or visa versa.

With emergency shelters over capacity, the Out of the Cold program is feeling the pressure. At one point the churches in Kitchener peaked at 170 guests for a dinner sitting and 70 guests for overnight. After 40 guests, it starts to get crowded, said Savage.

In September, "most (shelters) were at 100 per cent occupancy," said Morrison.

The most common reason why many people are homeless, according to Morrison, is not being able to afford a safe, secure apartment.

According to John (a pseudonym), who benefits from the Out of the Cold program, "The definition of a poor person is a person who lacks the ability to protect himself against the parasites." John feels the government doesn't sufficiently fund low-income housing, forcing people like himself out onto the streets. Others who attend the program said they want to see the gov-

ernment get low-income housing for all homeless people.

"The City of Waterloo doesn't want to admit we have this problem," said Savage.

The guests stay in the gymnasiums of the churches. Mattresses are supplied along with a fitted sheet, a blanket and one pillow including a pillowcase. Extra blankets are supplied if needed. After each night volunteers clean each sleeping arrangement and prepare it for the next week. Savage says there are about 25 to 30 volunteers per night.

"We call them guests because we treat them like guests," Savage said.

Each guest is able to return as long as they behave.

"It's better than being outside," said Mark (a pseudonym), 25, who has been homeless for about a month. "When I moved out, I didn't ask for any help. I had to do it on my own."

The Out of the Cold program has three rules which must be abided by. First, there is no violence by word or deed. Second, there is no drugs or alcohol allowed and third, no weapons.

In preparation for winter, the program is collecting socks, mittens, gloves and toques. Society can help by volunteering, giving to the food bank or donating money to the church of their choice. Savage also recommends donating bus tickets. "They are very useful."

First United Church is looking for more volunteers for the overnight shift. Anyone interested can contact Savage at msavage@golden.net.

CCF worships in the Sanctuary

By MARY SIMMONS

Music and praising filled the Sanctuary on Nov. 6.

A worship night was put on by Conestoga Christian Fellowship, (CCF) featuring members of a band from Emmanuel Bible College in Kitchener.

About 40 people, including members of the band and Conestoga Christian Fellowship, came out at 7 p.m. to hear Christian music and an inspirational message from Pastor David Robinson.

"Be a bold witness through bold testimony to tell of Jesus Christ."

*Pastor David Robinson,
Conestoga Christian
Fellowship*

The worship night was the first evening event held by the group, which also has weekly Bible study sessions on Thursdays at 5:30 p.m. in Rm 1D03.

The audience sang along with the band members, following along with overheads displaying the lyrics.

But the room grew silent and only the voice of the pastor was heard after he made his way to the stage and began to relay his message of faith.

He started with a prayer expressing his desire for Jesus Christ to be present and evident on campus at Conestoga College.

"We pray that Christ will shine through the darkness," he said.

He spoke about broken relationships, particularly the broken relationship between human beings and God, which he said first occurred in the Garden of Eden when Eve was tempted by the serpent to eat from the Tree of Knowledge.

"Christianity is all about the fact that God started out with a good relationship with man. We sinned and Christ came to save us from that sin," he said. "God sent Jesus because Jesus is the only one who could bring people back to loving God."

He asked the audience if anyone could recite the first 10 words in the Bible.

"In the beginning God created the heaven and the earth," a lone male voice said.

After affirming that this was the correct answer, Robinson said those words reveal the emphasis of the Bible.

He also talked about how unique our relationship is with God.

"Have you ever seen a kangaroo pray?" he asked. "Animals don't pray. Animals don't go to philosophy classes to find out about the meaning of life. Animals don't. People do."



(Photo by Mary Simmons)

Students from Emmanuel Bible College in Kitchener perform at a worship night in the Sanctuary on Nov. 6.

Robinson said the greatest lie people believe is that the worst thing that can happen to them is to have a broken relationship with an important person in their life.

"I'll tell you an even worse break-up," he said, "and that's between you and God."

He then challenged the believers in the room to spread the word of Jesus Christ.

"All God needs to do is use one of you to tell someone who tells someone else and soon the whole campus will be talking about Jesus," he said. "Be a bold witness through bold testimony to tell of Jesus Christ."

Council members discuss college graduation rate

By MARY SIMMONS

Understanding why 37.5 per cent of students don't graduate from Conestoga College was high on the agenda at the college council meeting on Nov. 11.

Fred Harris, executive director, Student Services and Registrar, addressed the issue by stating that there are three main reasons why students don't persist in their studies. These are personal/financial, academic and institutional.

He said the ultimate goal is that all students will graduate from their programs. In order to achieve a higher graduation rate, he said the college must accept students with the academic background that will help them excel.

"It starts with admission," he said.

But after the students are here, he said, there must be a good foundation for them to work with. This includes offering financial aid, counselling and academic services so every student can be successful.

Conestoga College President John Tibbits said he sees the problem as complex, but that it comes down to a level of management. If the college offers quality services at every level, then more students will want to stay and graduate.

Tibbits also recommended a retention committee be established to look at the issue and narrow it

down to five key components. It was not decided whether or not this will occur.

Next on the agenda was the issue of students using cellphones during classes.

Melanie Reed, who was also nominated to be the new vice-chair of the council, said she found it wasn't a problem after a policy was set in the English language studies program. Students were told they could not turn on their cellphones unless it was an emergency situation involving necessary contact from dependant children or elderly parents.

This policy will now be college-wide, and will be included in the emergency calls section of the student procedures handbook in September 2003.

CORRECTION

In the Nov. 11 issue of Spoke, the impression was given that a child-care worker with the Doon Childcare Centre was the sole employee recognized as part of child-care worker appreciation day.

In fact, the entire staff at Doon Childcare Centre was recognized for their hard work and efforts.

Spoke apologizes for the error.

Conestoga grad excels in community

This is the sixth in a six-part series on Conestoga alumni who are nominated for the 2002 Premier's Award, an annual, provincial awards program created by the government to acknowledge the important economic and social contribution college graduates make to Ontario. Award winners will be announced Feb. 24, 2003 in Toronto.

By DANIEL ROTH

Dave Arjune believes determination, a great work ethic and a thirst for education are key ingredients in achieving success.

The founder of Arjune Engineering and Manufacturing showed early on in life that he could deal with difficult situations and be the better for it.

Dave was born in Cromart, Guyana, the second eldest in a family of six. At the tender age of seven his parents separated and he took on the role of head of the household, ensuring his mother and siblings were taken care of.

"I used to do the budgeting, plant the farm to make sure there was food on the table, milk the cows in the morning and go to school after that along with my brothers and sisters," he said.

As a young man Dave wanted to be an automotive mechanic, like his uncle. But after his uncle died while working under a car, Dave had to rethink his career options.

"My mom said, 'There's no way you're going to be a mechanic,' and so a machinist was my second choice."

At 15 years of age Dave landed his first job as a machine equipment operator and pumps and steam turbines servicer with Bookers Sugar Estates Ltd.

Not liking the political system in Guyana, Dave kept his eye out for job opportunities abroad, and learned about openings for machinists in Canada through advertisements in local newspapers.

Dave didn't hesitate in moving his family to this country in 1981, knowing he would have to go elsewhere to be truly happy and achieve the success he wanted.

"I didn't have a second thought about coming to Canada; I knew I wouldn't have any trouble blending in."

His first job was at Eldorado Tool



(Photo by Daniel Roth)

David Arjune, a Conestoga College graduate, stands in front of his business, Arjune Engineering and Manufacturing (AEM), which specializes in high-speed precision CNC machining for the automotive, military and aerospace industries.

and Manufacturing where he was a CNC lathes and milling machine operator. He worked his way up in the company, assuming other responsibilities including employee trainer and supervisor.

In 1988 Dave's determination and thirst for education pushed him further. He knew he needed greater education to become more successful.

"In my current position I couldn't go forward without more education," he said, adding, "I wanted to have something different than everyone else."

But the job he had at the time didn't allow for him to attend school, so he quit.

Although he didn't know how he would fund his education, let alone pay his mortgage and support his family, Dave wasn't too concerned. He knew he would

figure something out.

What he was not expecting was several phone calls from companies, including one from Centra Industries, asking him to come and work for them.

During a job interview with the president of the company Dave explained he wanted to expand his options and his education, making it clear he wanted to go to school during the day. Company officials knew of Dave's work ethic and were more than happy to accommodate him.

He said the president's response was, "So what's the problem we have an evening shift. And to make the deal even better, we'll pay for your tuition and your books."

Dave took the job on the spot, and within one week of working there he became the evening supervisor.

He also started the mechanical

engineering technology program at Conestoga College.

"I chose Conestoga College since it had a good reputation for academic excellence," he said, adding he attended classes from 8 a.m. until 4:30 p.m. and then went to work from 6:30 p.m. until 2 a.m.

"And then I would come home and do my homework."

Being the only student in his program not fresh out of high school, Dave found himself a little intimidated by his classmates.

"They were all young and just out of high school, while I was a dad and husband," he said.

Dave's people skills and natural ability to adapt to a situation helped him ease into this new atmosphere.

"Interacting with them was awkward at first. But that awkwardness soon melted away and I felt like one of the gang."

Despite Dave's intense schedule he always found time for extracurricular activities. He volunteered his time as a peer tutor and made sure he attended fitness classes every lunch hour.

His desire to better himself resulted in him achieving an A average, and receiving four awards: the Butler Polymet award; a Materials award for exceptional material reports; the Leadership award, which is chosen by peers for showing leadership qualities in the class; and the Lloyd Andrews award for academic achievement. This award recognizes a student with excellent academic standing, who despite his or her workload, finds the time to help other students achieve success by coaching and encouraging them.

After earning his diploma, Dave continued working for Centra Industries, eventually moving to the engineering department.

However, in 1994 he knew he needed new challenges, and despite receiving three job offers in two weeks, he decided to open his own business, Arjune Engineering and Manufacturing (AEM).

"Obviously my professional colleagues believed in me. It was then I decided to believe in myself," he said.

Instead of agreeing to work for someone else, Dave asked the customers contacting him if they would buy from him if he started his own business, and they didn't have to think twice.

"I had a purchase order without having a business plan, machines, financing or anything," he said.

AEM, which specializes in high-speed precision CNC machining for automotive, military and aerospace industries, has seen nothing but success since its creation. It was incorporated in 1995, and is QS 9000 registered and was ISO 9002:94 registered on its first audit.

Dave's willingness to further his education and to better himself has brought him a lot of success. But despite everything he has achieved, he is still a humble person.

"I don't think I'm a superstar; I just think if you work hard it will happen. I'm a pretty simple person — I'm like a farmer. I get up with the sun and go to bed when it goes down."

Gun owners must practise safety precautions

By IAN ROSS

Gun control comes down to one issue: restrict people who use guns in criminal acts and at the same time give the right to use guns to law-abiding citizens. The problem is that we don't know who will use guns legally and who won't. Guns have a huge impact on Canadians.

Someone is more than twice as likely to kill a family member if a gun is accessible in their home according to the Coalition for Gun Control. Suicide statistics have shown that adolescents are more than four times as likely to kill themselves if a gun is accessible at home. If guns are kept loaded and unlocked the percentages are even higher.

Canada has roughly one million handguns where the United States has more than 76 million.

After watching the recent sniper shootings in Washington, nearly everyone has cause for concern about public safety. The gun found in John Allen Muhammad's car was a Bushmaster, the civilian version of the M-16. The gun is legal to use along with the ammunition and can be bought from any gun store. Guns like the Bushmaster have semi-automatic capabilities and anyone with a shooting background can fire it accurately.

Guns in Canada must meet regulations and specifications to be legally used. Fully automatic military assault weapons, semi-auto-

matics that can be converted to fully automatic, short-barreled handguns, sawed-off shotguns, large capacity magazines and a few other models not suitable for hunting are all illegal in Canada.

Guns manufactured prior to 1945 may be passed on to family members as an exemption to laws prohibiting restricted guns.

On Dec. 1, 1998, the Firearms Act was passed in Canada restricting gun owner's rights. Background checks using police databases, notification of spouses, safety checks and registrations are all part of the new laws instituted by the Firearms Act. Safe gun storage was another big issue that required gun owners to store guns

unloaded and inoperable.

Al Burton, 21, hunts regularly in his home town of North Bay. "It took me over four months to legally hunt since I had to deal with registrations and all that paperwork," Burton likes hunting with his family and was raised in a hunting atmosphere. "My father taught me to hunt and his father taught him so naturally I followed what has become a tradition."

Many people lock their guns in a safe place and buy an additional trigger guard that has a lock on the trigger itself. Mandatory minimum sentences of four years for violent crimes committed with a firearm were also instituted.

John Merrill, 51, has served in

the army and owns four guns. "I lock all of them inside a glass cabinet and each of them has a trigger lock," Merrill doesn't use them to hunt but occasionally he will use them for target practice. "I feel much safer at night knowing my guns are secure and my children can't play with them." Merrill has two kids, Cheryl, 8, and Brian, 10.

Many gun owners argue that guns aren't the problem; it's the people pulling the trigger. A popular slogan for pro-gun activists is "Guns don't kill people, I kill people."

The issue of the right to own a gun versus the public's safety is still at hand. Debates will probably never cease as long as guns continue to be used to commit crimes.

Canada deserves apology

Does Pat Buchanan have a mother?

If he does, she should wash his mouth out with soap.

Buchanan, host of the U.S.-based television show *Buchanan and Press* on MSNBC, accused Canada of being a freeloading nation and a secret hiding place for international terrorists.

He also referred to Canada as "Soviet Canuckistan," after many Canadians expressed their anger over a U.S. law allowing the fingerprinting and photographing of Canadian Middle Eastern visitors.

He accused Canadians of being freeloaders because he thinks the U.S. protects and defends our borders because we are unable to do so ourselves.

These are pretty harsh words coming from a member of a country we have helped or stood up for many times.

For example, during the events of Sept. 11, 2001, we allowed planes to land in Canadian airports. We welcomed these stranded travellers, most of whom were Americans, into our homes. We allowed them to eat and sleep for free, while we made a promise to stand behind their country for years to come.

Also, during Sept. 11, we sent countless police officers and firefighters to help with rescue efforts at the World Trade Center site. Not only did we collect and donate money through the Red Cross for the victims of the terrorist attacks, but we also held countless commemorative ceremonies throughout the country.

Our feet have stomped the ground beside theirs during countless wars and our voices have been heard among theirs on countless American issues.

Even though it is obvious Buchanan's views do not represent the entire country, it was wrong for him to express these views on national television.

American TV is what joins the country and makes its citizens come together to fight and defend many issues. And when our country's morals and images are slaughtered across their screens, it gives us a bad name and creates a reputation we could certainly do without.

When Buchanan accused Canada of being "a haven for terrorists," he went too far.

Unfortunately, because of our proximity to the United States, Canada is a place where terrorists could potentially hide. However, we are a country committed to world peace. We have taken part in several peacekeeping missions and we have made a vow to stand behind America on its so-called war on terrorism.

Certainly, it is beyond our control if terrorists choose to hide in Canada. But we are doing everything in our power to make sure these people stay away from our country.

Canada is a nation that is not prepared to spend countless dollars on defence, as the Americans have done. We cannot allocate billions of dollars to fight a war, but we stand behind nations that have the resources and finances to participate in trying to ensure international peace.

Like two siblings, the U.S. and Canada have had many disagreements and conflicts in the past. But, like family, we should stand and fight terrorism together.

Accusing our nation of being freeloaders and a haven for terrorists is not brotherly and it is totally unnecessary.

Buchanan should apologize for his tirade and embrace Canada as a family member rather than a liability.



Commercialism replaces meaning

It was Nov. 1 and I had woken up to a blustery snow squall outside my window. It was the day after Halloween and it already looked like Christmas, I was thinking.

But the real surprise was waiting in my mailbox. Apparently all the stores in my town thought it was Christmas too. The bundle was at least three times thicker than usual because it was stuffed with flyers proclaiming that Christmas had come overnight and that I better get out to the mall to check out the great sales.

I guess I shouldn't have been shocked. This same phenomenon happens every year. The day after Halloween, the masters of commercialism feel that we can't wait three weeks to get into the Christmas spirit and get shopping.

Don't get me wrong. I do think hitting the malls early is a great idea. The idea of even entering a mall parking lot after Dec. 1 causes me distress. But there is something about all the advertising that makes me angry.

Most college students have been living on the planet long enough to



Shannon
McBride

Opinion

realize that each year around this time we must go through the agonizing process of deciding what to buy for each of our family members. I don't need the extra reminder and all those flyers won't magically help me determine the perfect gift.

I think what bothers me the most is that outside the doors of the malls there really aren't any signs of Christmas anywhere yet, except maybe the television.

Every second commercial is now proclaiming the good news of the season of buying. Each store claims it can make your holiday shopping an easy, fun, and affordable one-stop trip. I think we all know by now that these are lies. Nobody that I know (at least nobody that puts thought into their gifts) can do all their Christmas

shopping in one trip to a department store. I visited a Canadian Tire store almost two weeks before Halloween and was disgusted to find at least five full-length aisles full of Christmas paraphernalia. Who really needs tacky Santa statues in October?

The problem with all of this insane commercialism is not that it is annoying or bothersome, but that we, as human beings, are being taken advantage of. Somewhere out there in the dark abyss of giant corporations it all began. No one knows who started it and no one knows when. But in the dark heart of money-hungry man, no more than a few decades ago, a plot was evolving that would make people forget the true meaning of this holiday.

Whether you choose to believe it or not, a baby was born more than 2000 years ago. He was the original cause of celebration. We give because He gave his life. If you think about nothing else this holiday season, think about that. It is the reason for the Christmas season.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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Letters to the editor

Legalization of gun possession has its benefits

This letter was written in response to Spoke's anti-gun editorial published in the Oct. 7 issue of Spoke.

You can legislate against guns but not against insanity.

The Spoke editorial in the Oct. 7, 2002 issue entitled Murder not justifiable claimed that gun ownership should be criminalized based on the recent shooting death of Patricia Sullivan at a Canada Post outlet.

This incident was a horribly tragic event and my condolences and I'm sure the condolences of the entire college go out to the family and friends of Ms. Sullivan.

However, this event is not an excuse to outlaw the possession of firearms by law-abiding citizens.

The author of this article quotes Statistics Canada saying that one-third of all homicides are committed with firearms.

This is a completely true fact but the other side of the coin states that two-thirds of all homicides are not committed with firearms.

Does the author think that all of these other weapons should be prohibited as well? Should I have to turn in my baseball bat? It would be very difficult to cut steaks with a spoon, should my kitchen knives be taken away. Sound ridiculous? I thought so too.

Firearms do not have the sole purpose of being used to commit murder.

There are many legal activities which require the use of firearms, including: skeet shooting, hunting, collecting and precision shooting contests.

Perhaps one of the most important uses is self-defence. The government obviously recognizes this as it equips all of our police officers with firearms for just such use.

Down south, 33 states have enacted right-to-carry (RTC) laws.

When these concealed carry laws were instituted, murders fell about eight per cent, rapes fell by five per cent, and aggravated assaults fell by seven per cent. (Lott, More Guns, Less Crime, University of Chicago Press, 1998).

States with RTC legislations have lower violent crime rates on average: 22 per cent lower total violent crime, 28 per cent lower murder, 38 per cent lower robbery, and 17 per cent lower aggravated assault.

According to the FBI, the five states with the lowest violent crime rates are RTC states.

So does the legal possession of firearms by citizens help reduce crime? In a word, yes.

The problem with firearms does not lie with legal firearm owners but with the illegal ownership of unregistered firearms.

The author of Murder not justifiable correctly admits that three-quarters of recovered firearms are unregistered with the Canadian Firearms Centre.

Rather than imposing additional laws that restrict the rights of law-

abiding people, existing laws should be strictly enforced against violent armed criminals.

In 1994, U.S. attorneys in Richmond, Va. instituted a program called Project Exile aimed at cracking down on illegal possession of firearms by criminals.

In a year, the city's homicides were cut 41 per cent from their 1994 high. Crimes committed with firearms decreased 65 per cent.

Given the success of this program six states - Virginia, Texas, Florida, South Carolina, Louisiana and Colorado - all have implemented similar programs.

There is no reason to suspect that these programs would not have similar results in Canada.

On a final note, the author of Murder not justifiable states his or her belief that "guns should not be available to anyone who wishes to possess them." This is true.

Guns should not be available to just anyone, but law-abiding citizens with legal intentions should not be denied access to firearms any more than they should be denied access to other potentially lethal objects such as baseball bats or steak knives.

True gun safety depends on education and personal responsibility, not excessive government regulation.

Paul Royston
Police Foundations student

Innovative solutions help students with special needs

This letter was written in response to Spoke's feature of Marty West, a student with special needs living in Conestoga's residence.

I happened to pick up an issue of Spoke at the Waterloo campus and I just wanted to write in appreciation for the article by Kate VandeVen on how Marty West's special needs have been happily accommodated. I'm glad to hear that his cerebral palsy hasn't been a roadblock to his education.

I was particularly interested in this section of the article:

"A magnetic door opener was installed on West's wheelchair, which allows him to open not only his own door, but also the doors throughout residence with just a push of a button."

I work for a manufacturer of magnetic locks and would be interested in finding out more about how the remote opener was set-up with the lock, installation, etc.

It was a creative solution and I'm interested in how we might be able to help others with similar challenges.

Is there someone at the Conestoga Residence and Conference Centre or Conestoga administration that would have more information or know who to contact?

Thanks very much.

Janet Hanson
Rutherford Controls
International Corporation

PBS 1940s reality program surprises participant family

In an age of so-called "reality television," very few of these shows offer anything close to true-to-life events. Survivor has bikini-clad women competing against buff jocks to fight for \$1 million and Fear Factor uses gross techniques and cheap thrills to entertain the masses. But what about participating in real events for the sheer experience?

PBS has made its contribution to the reality craze with a selection of period re-creation programs.

Frontier House put three families in the wild to build their own log cabins, cut enough wood to survive the winter and live off the land like true pioneers.

Last fall PBS showed 1900s House about a British family dealing with life in the Victorian era. They had to live, eat and survive as if it were 1900.

Each of these programs offered the participants the opportunity to learn about the past for the simple opportunity, with no cash reward.

This month 1940s House added to this collection of fine reality programs. This one, however, offered a slightly more modern twist, dealing with war.

The family who participated in this challenge was the Hymers from the north of England. A mom, dad, daughter and her two children were sent to live in a completely remodeled home with all the amenities that existed in 1939 to 1945. They were not afforded any of the luxuries of today. They had to cope with rationing, lack of sanitation and the ever present threat of air raids, which for the show were electronically reproduced.



Sarah McGoldrick

Opinion

As I sat and watched this family cope with their new situation I found myself taken a back at how truly unprepared they were. The Second World War was not all that long ago, especially for a country like Britain who felt the economic effects for nearly 30 years after V-Day.

This seemingly easy task that many would think would be fun and entertaining, actually reduced many of the family members to tears. It certainly was not because they didn't put the effort into their tasks. It was simply because war is hell.

As the program progressed and the family endured more frequent air raids I wondered how we would cope with this today.

The family was not allowed to turn the lights on as they rushed out to the Anderson bomb shelter. They were on more than one occasion required to spend the night in the shelter and the raids interrupted everyday tasks.

We take much of our time and possessions for granted. It is easy to see how we can be blind to the fact that it could all be taken away in an instant. For the mother and daughter, dealing with the rationing of cigarettes was enough to make their skin crawl. Meanwhile, today many smokers can barely last an hour before they

have to light up.

Today, when I look at the western world's reaction to war it seems as if everything is seen from a distance, like we can never be touched, despite the constant looming threat of attack.

It is obvious that society today is simply not prepared for the emotional and physical pressures that come with war.

This family had to learn to rely on each other for strength. They also had to adjust to the fact that in an instant everything around them could be taken away. It does not have to be a famine or a natural disaster, it only takes the hand of man.

By the end of the program the Hymers were more than willing to return to the comforts of the 21st century. However, they had learned a lot from their experience. Aside from the fact that war is no fun, they also learned how to conserve their possessions. Everything from the way they shopped to the way the children played games changed. Mom now shops at the local green-grocer and the kids watch far less television. But, they also had a greater sense of who they were in the world and that war does not always happen in the Middle East or some other far-off place.

Unfortunately for the western world, it takes these kinds of radical events to change how we act, think and feel.

As we enter a new age of military threat and political instability, perhaps if we use examples such as the Hymers we can learn to avoid war and use our minds instead of weapons to deal with conflicts.

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Studies show pets can relieve stress

By JEFF MORLEY

Have you given your pet some attention lately? Studies show that people can relieve their stress by interacting with their pets.

By just watching fish in an aquarium, scratching your cat's chin or throwing a ball for your dog, you can lower your stress and improve your health.

Pets offer unconditional love and affection at any time. They are undemanding, never judge and entirely trusting. Pets can also be funny and make us laugh. A pet can even become a part of the family and a close companion.

It is these characteristics that prove to be so beneficial to people mentally and physically.

A telephone survey, entitled Healthy Pets, Healthy People, illustrated that pets play an important role in people's daily lives. The American Pet Products Manufacturers (APPM) published the study May 2000.

The study showed that 84 per cent of people thought that pets made their family healthier. A pet can bring people together. By

engaging in activities, such as walking the dog or playing with the cat, people can interact with each other and their pets.

The study also found that 79 per cent of people thought that pets helped to balance out a technologically dominated home. In an age dominated more and more by gadgets, people find that it is sometimes difficult to get away from technology. Television, computers, phones and pagers are a huge and growing part of most people's lives.

A pet gives people the opportunity to interact with and care for another being. Some believe that it triggers a nurturing instinct. If anything, pets make people feel as if they are needed. The survey revealed that playing with or confiding in a pet helps relax and calm people. Pets can even help lower blood pressure.

In fact, research has shown that pets can have a more calming effect on people than their spouse. A recent study conducted by State University in Buffalo studied 240 married couples with normal blood pressure. Researchers then observed cardiovascular data while subjects

were given arithmetic problems.

Having a pet present only raised the subject's heart rate by five beats per minute. However, when friends or spouses were present each subject's heart rate increased by approximately 30 beats per minute. People with no pet had about the same reaction from having a friend present or their spouse.

The study was published in the September/October issue of Psychosomatic Medicine.

Besides relieving stress, having a pet can also lead to a healthier lifestyle. For those pets that do require exercise they need walking and playing. By walking your dog every day you are also getting exercise, spending time with your pet and reducing stress.

However, it is also important to realize when you are stressed and what to do about it.

A Globe and Mail article, published Nov. 2, offers a number of tips for stressed out people. Firstly, if you are stressed speak to someone who will withhold judgment. Moreover, make it clear that you need to vent and that you are not looking for any answers.



(Photo by Jeff Morley)

Studies have shown that people who own pets have lower blood pressure and lead healthier lifestyles.

Secondly, acknowledge the fact that you are indeed stressed. By telling people you are stressed out they may give you some room. In this way, hopefully you may feel a little less edgy.

Thirdly, walk away. By getting some distance from the problem or problems you can find a way to relax. Go for a walk, ride a bike,

work out or listen to some music. Do something that will take your mind off the stresses at hand.

For those of you who are without a pet, volunteer at the humane society and walk their dogs. The humane society is always looking for volunteers and by walking a dog you can relieve your stress, get some exercise and help out a fellow creature.

Anti-malaria drug causes controversy

By BRANDI STEVENSON

Malaria is a serious and often life-threatening disease that is prevalent in exotic and tropical locations. Fortunately, there are drugs that can help prevent it. But at what cost? Many people feel the side effects of one anti-malarial, called mefloquine, are so dangerous that the drug shouldn't be prescribed.

Mefloquine, or the brand name Lariam, was developed in 1985. It was created to prevent and treat malaria, after it was discovered that new strains of the disease were resistant to a common anti-malarial, called chloroquine. Mefloquine is about 90 per cent effective in preventing the disease, and is only taken weekly, while most pills are daily. However, it comes with many side effects.

Jane Hatafita, from the travel and infectious disease department at the Waterloo Regional Health Unit, said the most common side effects are nausea, dizziness, headaches, diarrhea, and sleep disturbances, including vivid dreams. "People report they have very colourful dreams," she said.

The other, more severe side effects are convulsions, seizures, anxiety, depression, paranoia, and psychiatric episodes. Hatafita stressed these effects are rare.

Over the past several years, some people have reported suffering from the more severe effects, which some people call mefloquine toxicity. There are conflicting statistics on how many had negative reactions to the drug. The World Health Organization stated five in 100,000 experience psychiatric effects, while a September article from a news site called www.smh.com reported one in every 10,000 suffer from negative effects.

There may be a link between mefloquine and four soldiers who killed their wives, two of them committing suicide at Fort Bragg, N.C. this summer. The article from www.smh.com said all four soldiers reportedly served in Afghanistan and were allegedly taking mefloquine.

Some have filed lawsuits against La Roche, the makers of Lariam, for withholding or misrepresenting information about the side effects. An October article from the United

Press said one suit was filed this October by an American couple from San Antonio alleging that Lariam caused debilitating mental problems, including psychosis, hallucinations, paranoia and seizures after a woman took it in September, 2001. The woman had a history of depression, but the suit states LaRoche didn't warn U.S. doctors against prescribing it to patients with this type of history.

Hatafita said mefloquine should not be prescribed to those with a history of depression or anxiety. "It should never be given to someone who has a history of any psychiatric, any depressive illness," she said.

Not everyone is against this drug. Spencer Hanes, a University of Waterloo student, said he actually enjoyed one side effect of Lariam when he took it for seven months for a trip to India and southeast Asia.

Hanes said he experienced vivid dreams the entire time he was on the drug. "It was a side effect, but at the same time, it wasn't detrimental," he said. "I actually thought it was fairly positive." He added that he only remembers hav-

ing one negative dream while on his four-month trip.

Other side effects he had were a brief headache and some nausea on the day he took his pill for the week.

The travel clinic at the regional health unit made sure he was aware of the possible side effects of mefloquine, he said, as well as the other options for malaria prevention.

Hatafita said the other options are Malarone and Doxycycline. Malarone is a newer drug that has proven to be effective against chloroquine-resistant malaria and is well-tolerated. However, she said it can be expensive. It is taken daily, and common side effects are vomiting, diarrhea, or headache. Doxycycline is also taken daily and is effective against chloroquine-resistant strains. Its side effects are similar to Malarone.

She said they present clients with all three options at the travel clinic, and let them make their own decision. "People choose based on what their perceived risks are," she said.

Hanes said he chose Lariam

"because of monetary concerns, side effects, and just ease of use." Hanes took Doxycycline while he was in Cambodia because there is mefloquine-resistant malaria present there. He said he felt nauseous for about three hours every day from the pills, and was glad to go back on the Lariam.

When the recent controversy over this drug came to light, Hanes said he was surprised. "I thought it was fairly humorous because I had taken it and never experienced anything along those lines." He thinks the incident with the soldiers had more to do with their profession than the medication they took.

Culture shock is another factor to consider as a source of anxiety, he said. "You experience culture shock. You're in a totally different environment where you're not going to be at your best, you're going to be fairly anxious," said Hanes. He would recommend this drug to anyone who meets the criteria, because the benefits outweigh the risk of contracting malaria.

"The effects of (Lariam) are fairly minor, but the effects of malaria are huge," he said.

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City dwellers experience life at The Royal

By MICHELLE TAYLOR

Dust fills the air as a horse and rider perform for the crowd. Cheers are heard as a 2,700-pound steer wins a show competition. Dogs bark, pigs squeal, and the smell of candy and pizza is overwhelming.

It's The Royal Agricultural Winter Fair, which takes place every year at the National Trade Centre, Exhibition Place in Toronto. It's a chance for people raised in the city to experience rural life.

This year, The Royal ran from Nov. 8 to 17 and celebrated its 80th year. It featured everything from equestrian shows to giant vegetables. According to The Royal's Web site, it is the world's largest indoor combined agricultural, horticultural, canine and equestrian event.

Hundreds of thousands of people attend The Royal every year, coming from all over Canada and the United States.

Opening day featured an agricultural show, a Royal horse show, dog agility competitions, a cavalcade of horses and celebration of the dog. Hundreds of displays showcased many unusual and rare products as well as some good food. However, the biggest attraction seemed to be the many different horse events. Everywhere you looked there were horses, from the Horse Shop to the Horse Palace.

The cavalcade of horses was an all day presentation of various

breeds. From Shires to the Canadian, spectators could watch the animals perform and learn interesting facts about the breed of horse.

Chanel Beckenlehner, a 14-year-old rider from Bolton, Ont., showcased a Portuguese Lusitano. This type of Iberian horse was formerly known as the Portuguese-Andalusian, closely resembling the Spanish-Andalusian. This horse is favoured in the bullring and is known for its loyalty and fine temperament.

Beckenlehner has been riding since she was two years old practising an hour a day, six days a week. She travels and performs in many shows such as The Royal. Amanda Martyn, owner of the Lusitano horse, has been attending The Royal for the last 10 years. "I just love it," she said. "The breed isn't very popular so I try to show it as much as I can."

Martyn came from Guelph to attend The Royal. She is a molecular biology professor at the University of Guelph. She and Beckenlehner performed about three to five shows daily.

With their distinct dreadlock-like manes and tails, Bashkir Curlys are known for their hypoallergenic coats and gentle nature. The breed has been registered since 1971 and Oakes has been breeding them for the last eight years. "I wouldn't compare them to any other horse."

And what about The Royal? "I've been coming here for the last three

to four years and it's very tiring but I love it."

Another popular attraction was the Budweiser Clydesdales. The Clydesdale horse is known for pulling heavy wagons and farm equipment. The Budweisers are now famous with everything from a soccer kicking commercial to statues and T-shirts. The horses and their many groomers travel all over eastern Canada and the United States.

There are six teams which operate out of St. Louis, Mo., Merrimack, N.H., Menifee, Calif., Orlando, Fla., San Diego, Calif., and San Antonio, Tex. The team at The Royal came from Merrimack, N.H.

Andrew Stalhiuem and Eric Reisinger were travelling with the team, cleaning tack and harnesses as well as grooming the animals. It takes six hours to prepare the horses for show. Seven groomers travel with each team.

Reisinger, who is from Homerville, Ohio, was at The Royal for the first time. "It's not too bad; there are nice friendly folk here." Reisinger, who is based with the San Diego team, was in Toronto helping the New Hampshire groomers.

Stalhiuem, who is from Amery, Wis., said, "The Royal is very entertaining. There are a lot of things to see." The team put in a lot of hours. An average preparation day would see them working for eight hours. The shows were often



(Photo by Michelle Taylor)

Dana Howson, a second-year veterinarian technician student from St. Clair College, holds one of the Budweiser Clydesdales at The Royal Winter Fair in Toronto on Nov. 8.

at 8:30 p.m., so most nights they wouldn't be home until 10 p.m. The Budweiser horses were at The Royal everyday.

Dana Howson, a second-year veterinarian technician student from St. Clair College in Windsor, had a

chance to have her picture taken with one of the Budweiser Clydesdales. "This day just gets better and better," she said.

Howson was at The Royal for the first time. "It's very fun here," she said. "I would come back."

Hearing is believing for K-W police reporter

By IZABELA ZARZYCKA

One of the most difficult parts about being a police reporter is not what you see but what you hear.

By the time the cop reporter gets to the scene the victims' bodies are usually covered so to get a story the reporter has to talk to the police or fire officials and listen to their descriptions of the scene.

Nicole MacIntyre is the cop reporter at the K-W Record. She said while working at the London Free Press she covered a gruesome accident that was described to her by a firefighter. He said a couple was walking down a London street with their baby in a carriage when a car jumped a curb, hit the parents and ran over the baby carriage. The firefighter said what should have been on the inside of the baby was on the outside. "The driver that hit the people lost her mind and went and grabbed the baby, which was mush, and started to run up and down the street screaming, 'Look what I have done,'" MacIntyre said.

Then the driver went over to the parents who had their legs broken and said, "Look what I did to your baby." MacIntyre said that story was hard to get over.

This is her first year as a cop reporter at the Record. She works nights from 3 to 11 p.m., during which she listens to the police scanner to see if anything has happened. She also calls the local police stations and a fire department to see if there is anything new happening.

MacIntyre said that some weeks are great for stories and she has a lot to do but other weeks she has no crimes to report on so she has to write "fluff stories."

She said that when she first started police reporting she hated the job but after a little while she started to enjoy it. She added that when you are a police reporter you get thrown into the worst situations. For example, the reporter has to go to the family of a child who just drowned and ask them how they are coping.

While some aspects of the job are difficult, MacIntyre said you do get a rush of adrenaline, and that police reporting is the most exciting element of journalism. "Do you remember being a child and seeing the fire trucks going by and wondering where they are going? Well, now I get to know and get the inside scoop."

Having a good relationship with the police is important to a cop reporter but that relationship is sometimes hard to establish said MacIntyre. She added that police and reporters have an odd relationship that can include some tension. However, she said the police need the media as much as reporters need the police to provide them with information.

Liz Monteiro has been at the Record for 11 years and has been the day cop reporter for about a year and half.

She also found that building trust with police was hard, saying it is something that must be earned. "With cops you have to hound

them," Monteiro said.

She enjoys her job because it keeps her on the edge of her seat and in a fast-paced field. She said that it is hard talking to the victims of the crime and the families whose loved ones were killed or injured. She said sometimes she cries with them as they talk about the people that they lost.

Nine out of 10 times the family will talk to you but Monterio said she has had the door slammed in her face and been sworn at.

She also said she's received a threat from a biker organization telling her that they are watching her, after she wrote a story about the bikers. It shook her enough that she called the police and had

them patrol her neighbourhood to protect her daughter.

She added that a reporter can be in the wrong place at the wrong time, but said she does not find her job dangerous. However, sometimes a reporter will get to the scene before any officials, she said, and sometimes the situation can be dangerous.

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Montreal nightlife keeps on rocking

This is the first in a two-part series on exploring Quebec.

By PETR CIHACEK

Although it has already celebrated its 360th birthday, Montreal is still amazingly youthful, cheery, and party loving.

"We always have a lot to do in Montreal," said Michael St. Pierre of Quebec Tourism. "It's almost impossible to get bored."

I visited the city this summer and my mind is still occupied by memories of all the beautiful places, great nightlife and crowds of fun and outgoing people.

What amazed me about

Montreal the most was the downtown that was literally packed with curious tourists, serious-looking businesspeople and students who just roamed the busy streets, enjoying the day.

Especially in the summer, Montreal hosts a variety of festivals such as Just for Laughs and the World Film Festival.

And different bands play in the city's clubs and concert halls year round.

"There are lots of shows. There are gigs of all kinds almost every day," said Jack Rancourt who co-owns a little music production company in the city.

"There's a lot of people in the

streets all night long in the summer," he added.

"You can buy beer in every corner store or supermarket and bars are closing at 3 a.m."

Young Montrealers seem to fully enjoy the lifestyle their city has to offer and they are well known for their passion for parties.

And there are lots of places where they can enjoy themselves as the city is full of pubs, bars and nightclubs.

Beer lovers can go to brew pubs such as Brutopia or La Taverne Du Sergeant-Recruteur that are famous for their unique selection of home-brewed beers.

Those who are hungry and don't want to spend too much money can get a big slice of pizza for just 99 cents at many places in the city.

"There's a lot of people in the streets all night long."

*Jack Rancourt,
music producer*

As well, Montreal is famous for its distinctive architecture. If you walk just a few blocks from the lively downtown, you'll see monumental old buildings rising from the shade of the modern skyscrapers.

The best-known is probably the Notre-Dame Basilica, a beautiful neo-gothic building that was built in 1829.

After Paris, Montreal is the sec-



(Photo by Petr Cihacek)

Jack Rancourt enjoys a beer with his friend Sebastian Menard during a party at their apartment in eastern Montreal.

ond largest French-speaking city in the world, but don't worry, English is widely understood.

"Montreal is pretty much bilingual," said Daniel Leclercq of Quebec Tourism.

"It's amazing when you walk on the street and some people speak English and some French."

The city is also known for its multiculturalism. Montrealers come from 80 countries and speak approximately 35 different languages.

"There is a lot of cultures mixing in Montreal," said Leclercq. "There are people from all around

the world."

St. Pierre said he likes that Montreal is safe and "not very expensive."

He said during the summer and at Christmas time, hotels are about \$55 or \$60 per night.

"There are three youth hostels between \$15 and \$20," said St. Pierre.

However, travelling to Montreal is not cheap as the best Via Rail round trip fare from Toronto to Montreal is almost \$200.

And if you are thinking about flying there you can almost always expect to spend at least \$300 for a round trip.



(Photo by Petr Cihacek)

Montreal skyline viewed from Mont Royal, a green mountain in the middle of the city.

Paintball is growing in popularity as a stress reliever

By IAN ROSS

Everyone has pent-up anger and aggression from time to time and paintball is the perfect way to release it.

The sport is growing in popularity partly because it helps people take out their frustrations and anger on the battlefield. Students encounter a variety of stresses in daily life including school, work and family problems.

Now there's a safe and satisfying way to release all those bottled-up emotions. Paintball offers a variety of scenarios and environments in which you can get that satisfying feeling when you douse someone with paintballs.

Paintball offers a variety of scenarios and environments in which you can douse someone with paintballs.

Josh Hebert, 21, has only played a few times but loves it. "I've only played two or three times but I love coming out and mowing down my friends," said Hebert. "It's a real stress reliever."

Although paintball isn't for everyone it is definitely something everyone should try at least once. In a worst-case scenario you may receive several welts or bruises from the paintballs but extra clothing prevents most battle scars.



(Photo by Ian Ross)

Josh Hebert, 21, hides in a bush and searches for targets to shoot. Hebert plays paintball to relieve his stress.

Paintball has a growing market and it's not just for youths anymore. Since paintball builds teamwork, leadership and communication skills, corporations let their employees loose on the paintball field instead of holding seminars. Not only do the employees learn the skills they need to, they also get a chance to let off some steam.

Paintball may sound intimidating to some but it is an easy sport to get into.

For beginners a good indoor arena is in Kitchener and it is simply known as The Paintball Arena. It is an indoor playing field with buildings, a castle wall, a loading docks area and Sherwood Forest. The playing field is approximately the same dimensions as a football field.

The buildings are scattered throughout the arena with a castle wall on one end and the loading docks on the other. Sherwood

Forest takes up the middle of the field and allows players to dash from cover to cover.

Most elimination games have the two teams starting in the docks or castle wall and then converging onto the rest of the field for a strategic bloodbath.

Capture the flag has a similar layout with the objective being to take the flag to a certain position on the field.

To play for an hour or two with

all the proper equipment including a mask and gun will cost you about \$35.

Group rates make paintballing cheaper depending on how many players you have.

Games at the arena vary in both length and strategy. Some games called "speedball" can be only a few seconds since opposite teams start within firing range of each other.

"I've only been out two or three times but I love coming out and mowing down my friends."

*Josh Hebert,
paintballer*

Flag games, eliminations and assassination scenarios are only a few of the many selections of game styles to choose from. Booking in advance is always a necessity with large groups of people but if all of your friends are too chicken to tag along you can just call ahead and go by yourself.

Paintball guns can cost anywhere from \$50 all the way up to \$5,000, depending on how serious you are about it. The actual paint costs only about \$10 for every 100 rounds.

After paying a fee at the field you can rent or buy a mask and you're ready to go.

So the next time someone makes you mad just invite them to go paintballing with you.



(Photo by Lesley Leachman)

Getting away from it all

Rob Carriere, a first-year electrical engineering student, and Chrissy Hanning, a first-year continuing education student, relax on a new bench outside Door 3 on Nov. 5.



(Photo by Denis Langlois)

All aboard

Harold Ziegler, a Grand River Transit bus driver, waits in front of Door 5 on Nov. 7 to take students to the next scheduled stop.



(Photo by Marcy Cabral)

Practice makes perfect

First-year practical nursing students Kristine Atienza (left) and Tanya Glover practise taking each other's blood pressure on Nov. 6 inside Door 4.



(Photo by Andrea R. Smith)

Nap time

Jon Rock, a civil engineering student, catches up on missed sleep during his lunch period in the Sanctuary on Nov. 8.

Student mother learns to balance responsibilities

By VALENTINA RAPOPORT

Kicking and screaming, Owen William Walsh came into the world on Oct. 14, 1997. His mother was only 16.

Although she was only in Grade 10, Katie Walsh would have to make one of the biggest decisions of her life.

Now 21, Walsh is a successful university student who works part time and has all the responsibilities of raising a five-year-old boy.

"When Katie told me she was pregnant she was only 15. I was not angry or about to issue ultimatums," said Walsh's mother, Cathy Bullard. "I knew the decision she made would affect the rest of her life."

And it did.

Almost immediately Walsh decided to take time off school during her pregnancy.

"I didn't want to be pregnant at school. I didn't want to deal with people's rumours," Walsh said. "It was a big surprise to people because I was involved in school and was on the honour roll."

Walsh surprised both family and friends with the news of her pregnancy.

"No one was mean to me, but they sure weren't expecting it from me," she said.

Born weighing six pounds and 12 ounces, Owen would give his mother a whole new perspective on life.

"As soon as I gave birth I realized what was important and what wasn't," she said, adding, "My teenage worries didn't matter any more. All my worries revolved around him."

Having full support from her family, Walsh and her new son were able to live at the family home rent-free.

"I know I wouldn't be in university if I didn't have the kind of support I have at home. It's incredible."

After staying at home for three months, Walsh decided to return to school.

Because she was attending school, Walsh's only income came from the little money she received from her part-time job at The Gap clothing store. Throughout the next two and a half years while she finished high school, Walsh's family became her main financial source, paying all of Owen's babysitting bills.

With a new baby came many social changes.

Now a new parent, Walsh parted from the social scene she was once very much a part of.

"I think to them (her friends) I was a different person. They weren't ready to deal with my situation," she said, adding she has no hard feelings toward her friends. "We were all young."

For the next two years, Walsh worked hard to earn her high school diploma and succeeded.

In 2000 she graduated high school with honours receiving a scholarship to attend Wilfrid Laurier University (WLU).

"It was so rewarding because I worked so hard," she said.

Although she has always had full support from her family, Walsh has experienced many cold looks from passing strangers.

"When I go to the grocery store with Owen I still get the dirty looks and the remarks. They (strangers) don't know my situation and probably assume the worst," she said. "I shrug it off now."

Currently in her last year at WLU, Walsh doesn't have time to care about what other people think. Majoring in political science, she has big plans for her future.

She hopes to one day attend teacher's college at the University of Western Ontario in London.

"I can't just pack up and go. I can't afford it and I don't want to take Owen away from his family right now," she said.

In the meantime, she plans to attend Conestoga College next year to study human resources. She hopes a human resources diploma will help her obtain a job to financially support her and Owen.

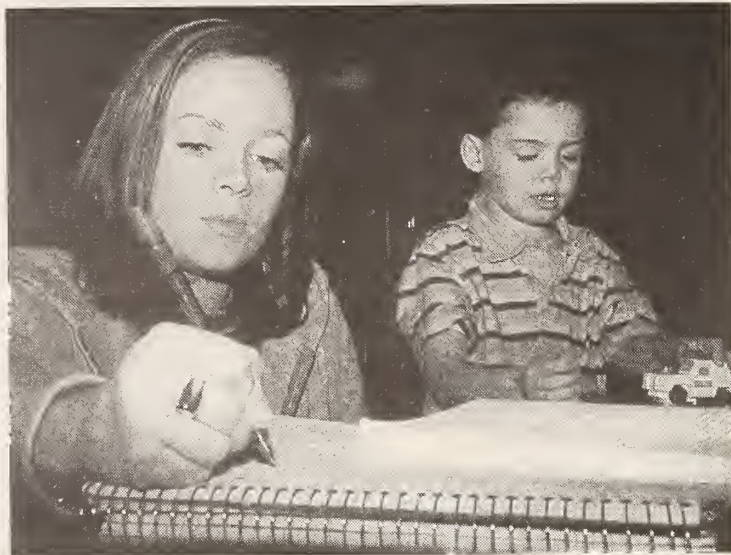
With summer savings from her part-time job at a Cambridge restaurant, Walsh is now able to pay for all of her and Owen's expenses, except rent since she continues to live at home.

Walsh's expenses include many of the extracurricular activities Owen is involved in such as hockey, soccer, golf and swimming lessons.

"I don't let my situation hold him back from anything," Walsh said, adding, I do my best for him. He's a happy kid."

According to Bullard, Walsh has managed to balance all her responsibilities quite successfully.

"Katie knows that raising a child involves nurturing, patience and



(Photo by Valentina Rapoport)

Katie Walsh, a full-time university student currently in her last year at Wilfrid Laurier, works on homework. Her five-year-old son, Owen, plays beside her.

time," she said, adding, "Katie is a very loving mom to Owen and is fulfilling her responsibilities as a mother."

Walsh attends 15 to 20 hours of school and works up to 12 hours each week, yet still manages to keep a B-average in university.

"It gets really stressful when everything hits you at once," Walsh said.

Owen's father, who was also 15 when Owen was conceived, sees his son every other weekend. Walsh and Owen's father ended their one-year relationship only one week after Walsh told him she was pregnant.

"My heart breaks for him (Owen)," Walsh said. "He's so

young and doesn't understand why his dad's never around like most other dads."

Walsh's biggest goal is to make sure Owen doesn't follow in her footsteps to become a young parent.

"People always say it's a cycle and that scares me," she said. "I want him to go to college and do something with himself. I'll have to stress it and drill it in his head."

While she admits that her life is probably much more hectic than most young adults, Walsh said she couldn't be happier.

"I love Owen more than life itself. I wouldn't want to change my life for anything."

8 Mile contains the essence of rapper Eminem's roots

By LESLEY LEACHMAN

Britney Spears has done it. Mariah Carey has done it too. And so has Bon Jovi. And even Elvis did it. But now, it's rap star Eminem's turn.

As many celebrities have done before him, Eminem briefly left the music scene to try his hand at acting. He made his film debut in

the movie 8 Mile that opened on Nov. 8.

The movie, directed by Curtis Hanson, stars Eminem as a struggling white rapper, Jimmy Smith Jr., who suffers from stage fright. At the beginning of the story, Jimmy (or Rabbit as he is referred to by his friends) is struggling to cope with his life in Detroit. He's out of a job, his

girlfriend has left him, and he has no car. He has no choice but to move back in with his alcoholic mother, Stephanie (played by Kim Basinger), who is dating someone whom Jimmy went to school with.

The only hope Jimmy has of breaking free from his dark life is to win a rap contest at a local club. In his town, winning a rap

contest earns you ultimate respect.

Jimmy's lyrics are exceptional, but the only problem is he lacks confidence when rapping in front of an entirely black audience. Jimmy freezes when he gets on stage and is ridiculed by the crowd. However, with the help of his friends, Jimmy decides to take control of his life and work to get out of the corrupt town.

Although the movie doesn't show Jimmy becoming rich and famous like in Eminem's life, you are still able to get an understanding of what Eminem's past is like.

And while Eminem doesn't deliver an awe-inspiring performance, it's still convincing enough for you to sympathize with his character.

Eminem is at his best when Jimmy and Stephanie get in a passionate dispute over how Stephanie is treated by her boyfriend. During this scene you can really see Eminem become his character. The built-up rage that he lets loose really lets the viewer see that Eminem does have a fair amount of acting ability.

8 Mile isn't in the same self-promotional category as Crossroads (Britney Spears' movie) or Glitter (Mariah Carey's movie). Eminem has not just made this film for the sake of extra publicity. Similar to Prince's Purple Rain, 8 Mile is a true account.

While it's only loosely based on

Eminem's real life, it still contains the essence of his roots. The low-class society he grew up in, the turmoil with his mother and his difficult progress as a white rapper in a black community, are all explored in the film.

Most Eminem fans who gathered to watch the rapper's film debut at the Famous Player theatre in Kitchener, agreed that 8 Mile is not just a publicity stunt.

"He (Eminem) wanted people to see his roots. He didn't make (the movie) just to make an extra buck," says Kyle Drayton, 16, a Grade 11 high school student.

"I thought his (performance) was good," says Alexandra Richardson, 19, a cashier.

"I think that he really wanted to portray what kind of struggles he had to go through in order to become successful."

However, some people who saw the movie thought Eminem took things a little too far. "He acts like he was the first white rapper or something."

He's not the first person who had to struggle to make it," says Victoria Benoit, 15, a Grade 10 high school student.

"I hope this is the only movie he makes. He should stick to making records."

Whether or not 8 Mile will be Eminem's only movie, remains to be seen.

What would be more interesting to see is if Eminem could be successful playing a character that is not based on his own personality.

Conestoga Christian
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Bible Study

When: Thursdays, 5:30 p.m.

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questions. Enjoy the
fellowship of friends.

New trend is cheap and painless

By NICOLE CHILDS

Are you looking for a change? Does the thought of needles piercing your skin, or a tattoo being emblazoned on your body make you a little squeamish? No problem. Tanning salons across the region have the solution; tanning stickers.

"They're just stickers that you put on your body, kind of like a reverse tattoo."

*Nita Parsalidis,
manager of Aphrodite
Tanning and Aesthetics Spa*

They're like tattoos except without the pain and needles. They work the same way tan lines do.

Whenever you go into a tanning salon, you purchase a sheet of tanning stickers in the shape of your choice. After positioning the sticker on your body, you lay on the tanning bed as you normally would. When you get out, remove the sticker and presto, you have a tan line in the shape of the sticker.

This new trend is an inexpensive and painless form of body art. The shape will stay visible as long as you keep your tan. The stickers come in different shapes like stars, hearts and moons and are easy to attach anywhere. The most popular places to put them are the hip, middle of your back and on your shoulder.

Nita Parsalidis, manager of Aphrodite Tanning and Aesthetics Spa, says she finds the stickers are really popular among younger people aged 16 to 20. However, she also finds that some older women



(Photo by Nicole Childs)

Rebecca Comer, a third-year student at Brock University in St. Catharines, shows off her tan line of the Playboy bunny symbol.

want them too.

The spa is located at 450 Westheights Dr. in Kitchener and sells the stickers by the sheet. For \$1 you can buy one sheet with five stickers.

When asked to describe the stickers Parsalidis said, "They're just stickers that you put on your body, kind of like a reverse tattoo." She added that they are a simple concept and very safe.

Rebecca Comer, a third-year child and youth studies major at Brock University in St. Catharines, has had a tan line of the Playboy bunny symbol above her pelvic bone since September. She plans to keep it for a few months more.

Comer buys her stickers from Island Heat Tanning on Glenridge Street in St. Catharines for 50 cents each and reuses them each time she tans. She bought a tanning package for \$25 that allows her to tan for 150 minutes. That works out to about 15 minutes, three times a week. She intends to buy a new package as soon as her time runs out.

She says she likes the tanning stickers because it is a relaxing and inexpensive way to make a change. "I've got my tongue pierced and my ears pierced, so I thought I'd try something new. I already go tanning all the time so I thought it would be good," said Comer.

As a person who frequents tanning beds she said she is aware of the dangers associated with them but still likes going. "It's in my mind, I realize the risks but I want a great tan. There are so many risks for people who smoke, but they still do it," she said.

According to Health Canada, tanning beds may give off five times as much UVA as the sun. UV rays have been linked to a serious type of skin cancer called malignant melanoma. While many tanning clients are aware of this fact they are not deterred.

Threading and sugaring an alternative hair removal

By SINEAD MCGARRY

Are you fed up with razor burn and the pain of waxing? Well, throw out the Schick razors because threading and sugaring are alternative ways to remove hair.

"Threading people's eyebrows, upper lips and faces was the only way my family had income. It has existed in my family and my country for years," said Kiran, an aesthetician at Appearances hair and beauty salon on King Street., who didn't want to disclose her last name.

Threading originated in the Middle East and has begun to gain popularity in North America. "We have such a strong clientele for threading because I believe that we are the only salon in Waterloo that offers this form of hair removal," said Kiran.

Threading involves removing the hair at the root by using a thin piece of cotton thread. The aesthetician holds one end of the thread in her

teeth while having the other end looped through her index and middle finger. The small loop is used to trap a series of hairs and pull them from the root. The movement back and forth removes the hairs quickly and easily. "Threading is considered less painful than any other form of hair removal. It lasts two to four weeks and hair can be removed at any length as long as it is above the skin's surface," said Kiran.

Unlike shaving, this technique does not produce thicker or darker

Threading involves removing the hair at the root by using a thin piece of cotton thread.

hairs and allows the eyebrow hairs to be shaped easier and neater. Threading can be done to eyebrows, upper lips, chins and faces. The prices range from \$8 to \$24.

"I have been threading my eye-

brows for over a year," said Julia Knight of Waterloo, a customer. "Threading allows the aesthetician to give my eyebrows great shape and clean lines. When she threads she pulls out specific hairs."

An alternative to threading is sugaring, another form of natural hair removal. Sugaring also removes the hair from its root, not just from the skin's surface. A mixture of sugar, lemon juice and water is heated to form a syrup, which is then rolled into a ball and smeared onto the customer. A cloth is placed over top of the area and then stripped away.

"I really have sensitive skin so I find sugaring is the best way to remove hair. It is all natural and has great results," said Liane Barretto of Waterloo. Sugaring lasts between four to six weeks and can be used in most areas of the body including legs, underarms and bikini line.

Shaving and waxing are still the two most popular forms of hair removal.

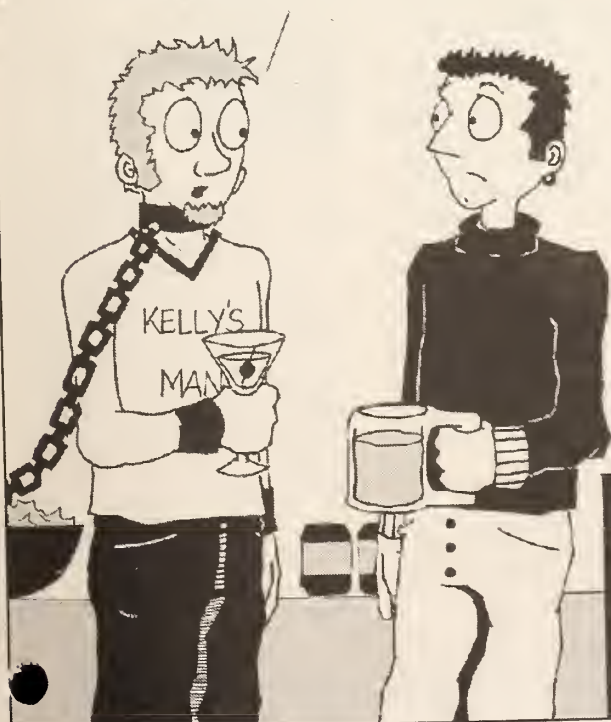


(Photo by Sinead McGarry)

Julia Knight of Waterloo gets her eyebrows threaded by Kiran, an aesthetician at Appearances hair and beauty salon on King Street. Threading lasts two to four weeks.

FREAK SHOW

NO, I WEAR THE PANTS
IN THE RELATIONSHIP,
WHY?



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20056KUL@conestogac.on.ca or Inquire at Student Services



A guide to K-W nightlife

By DIANA O'NEILL

Students come to college to pursue their goals and dreams. It is a time devoted to the endless pages of textbooks, the white walls of classrooms and listening, or at least looking like you're listening, to teachers giving their action-packed, information-filled lectures.

Oh yes, and it is a time to participate in what is commonly referred to as nightlife.

Students are on tight budgets so they are on a constant quest for cheap, yet enjoyable entertainment. Many are from out of town, so they are left in the dark on the happening hot spots.

Kitchener-Waterloo is an area that occupies a physical space of 1,400 square kilometres, with a population of roughly 280,000. On top of all that, there is one college and two universities. One would be left with the impression that this city knows where it's at, in terms of night-time fun.

Listed below are options that the average student has, all at their fingertips.

No work is required, besides reading and deciding on where to go tonight!

Loose Change Louie's

Address: 140 University Ave. W., Waterloo

Hours: Tuesday, Thursday, Friday, Saturday, 9 p.m. – 2 a.m.

Capacity: roughly 700

Cover: none

Louie's is in a prime location,

smack dab between Wilfrid Laurier University and the University of Waterloo, which enables it to service stressed out students. Johnny Fiasco's is attached so it encourages party-goers to grab a bite to eat and then step next door to Louie's for music and drinks. There is no specific format to the bar, but there is always a DJ willing to play the music that is in demand. Mike Lavinge, kitchen manager, is quite proud of the reputation that Louie's has garnered. "We've pretty much been the number 1 bar in the area in the last 10 years, if not longer."

Molly Bloom's Irish Pub

Address: 10 Manitou Dr., Kitchener and 170 University Ave. W., Waterloo

Hours: seven days a week, 11 a.m. – 2 a.m.

Capacity: approximately 60 for the Waterloo location; roughly 239 inside and 60 outside for the Kitchener location

Cover: no cover except for certain entertainment acts

Molly Bloom's is an excellent option for those that enjoy a more relaxed bar experience. The Celtic flavour of the pub and cosy feel make it a welcome environment. The Waterloo location offers 13 beers on tap, as well as live music every Wednesday and Saturday. "It's the best!" said manager Shannon Waters. "It has a great atmosphere, we have live music and the staff is fun," she said, adding, "It's just a great place to

be." The Kitchener location has retro music with a DJ on Thursdays, classic and modern rock with a DJ on Fridays and live music on Saturdays, not to mention 16 beers on tap. Sam Arafat, general manager, described the pub as having "good service, good food and a lot of fun," adding, "It's as simple as that."

Club Abstract

Address: 667 King St. W., Kitchener

Hours: Thursday to Sunday, 9 p.m. – 2 a.m.

Capacity: roughly 500

Cover: \$2 after 10 p.m. on Fridays and no cover for ladies but \$2 for guys on Saturdays

Club Abstract is a nice change of pace from the everyday. Darius Kybartas, manager, is confident that students will recognize the differences his bar offers. "We have the only alternative scene," he said, adding, "We actually play new rock, whereas everyone else (other bars) play techno dance music." Thursday features hardcore alternative music with a DJ, while Fridays offer a retro experience. Saturdays play the best new rock alternative and electronica while Sundays feature DJ 8 Ball who spins Top 40 and R and B.

Phil's Grandson's Place

Address: 125 King St. W., Kitchener

Hours: Wednesday to Sunday, 9 p.m. – 2 a.m.

Capacity: 425



(Photo by Diana O'Neill)

Students have an array of nightlife choices in K-W.

Cover: \$5 all nights, but Saturdays are ladies' night where the first 100 females don't have to pay a cover charge.

Phil's is popular among college and university students for a good reason - \$1.75 drinks all the time. Hip-hop Wednesdays are a popular attraction for those that enjoy the urban music scene. Thursday, Friday and Saturday nights have an alternative theme and seem to be the most popular with students.

Paddy Flaherty's

Address: 77 King St. N., Waterloo

Hours: Sunday to Tuesday, 11 a.m. - 1 a.m., Wednesday to Saturday, 11 a.m. – 2 a.m.

Capacity: 212

Cover: none

Mike Flood, general manager, described the Irish pub as having a "great atmosphere." It hosts a karaoke night on Wednesdays and an open mike night on Thursdays. The pub boasts excellent live music on both Fridays and Saturdays. The cosy and authentic feel make it an inviting place to relax and enjoy a pint. "We're known as one of the best Irish pubs in southern Ontario," Flood said, adding, "We also have fantastic service."

Stampede Corral

Address: 248 Stirling St., Kitchener

Hours: Tuesday and Wednesday, 11 a.m. – 1 a.m., Thursday to Saturday, 11 a.m. – 2 a.m.

Capacity: 500

Stampede Corral is a lively bar with a southern cowboy feel. Tuesdays are Opry North's Song Writer's Café, which promotes independent artists worldwide. It also features \$2.50 draughts, so it's an enticing night to check out the artists of tomorrow. Wednesday nights offer free line dancing lessons, while Thursday is ladies' night so females don't pay cover and receive a free rose. Friday is a good time to check out the Stampede, because it's Cowboy Night. If you get decked up in cowboy boots and a hat you don't have to pay the cover to get in. "The Stampede is a little different," Jackie Strauss, assistant manager, said, adding, "It has a really fun atmosphere. Everybody and anybody comes here."

Elements Nightclub

Address: 90 King St. W., Kitchener

Hours: Saturday, 9:30 p.m. – 2 a.m.

Cover: none before 11 p.m.

Elements brings the atmosphere of a Toronto club to the heart of

downtown Kitchener. Three distinct rooms feature three unique sounds, so it's sure to satisfy everyone's urge to party, according to www.partytown.net. R and B and hip-hop is spun by special DJs in the Fire Room, while house, trance and techno are all played in the Air Room. To cool off, dive into the Water Room and enjoy hits mixed by Scott Fox from Z103.5 FM and DJ Matt Daddy. The Water Room also proudly displays the world's largest disco ball, not to mention an amazing lighting and sound system. Elements now hosts the areas only all-ages student night on Sundays starting at 9 p.m.

Sammy's Garage

Address: 400 King St. W., Kitchener

Hours: Friday and Saturday, 9 p.m. – 2 a.m.

Capacity: "lots," said Doug Trumble, general manager

Cover: none, unless it's for a charity event

Sammy's is part of the Block that Rocks, which includes the Rec Room, Howl at the Moon, Moon Sports Bar, Stages and Elixir Lounge. This convenient setup enables students to just go to one area to explore the different venues. Trumble said, "The strip is oriented to what people want." Fridays offer Top 40 music, while Saturdays have Top 40 as well, but with a retro spin. Trumble describes Sammy's as offering a fresh take on the meaning of the word nightlife. "We're not what the other bars are, we're not a club, we're not a nightclub," he said, adding, "We're a party bar."

Revolution Nightclub

Address: 341 Marsland Dr., Waterloo

Hours: Friday and Saturday, 9:30 p.m. – 2 a.m.

Capacity: 1,200

Cover: free before 11 p.m.; \$6 on Fridays and \$5 on Saturdays

Revolution is known for its plush and funky atmosphere, not to mention it's two-room setting. The Main Room and the Purple Room feature large dance floors and a loud sound that moves the masses, according to www.revolutionnightclub.com. The Flying Dog restaurant is conveniently attached to Revolutions and is an excellent starting point to get a bite to eat before hitting the dance floor. "We're bigger and better than other nightclubs," said manager, Tina, who didn't want to disclose her last name. MOFU Fridays feature one of the largest urban nights in the province.

From the Sanctuary

"Let's play"

"Aw come on ref, what a sham! Watch the game!"

Nope, you're not listening to some angry parents at a child's sporting game. You're more than likely listening to someone complain at another student right here at Conestoga College.

Intramurals, which should be better classified as campus recreation, are an important and vital aspect of every student's life.

Intramurals are so important that participating in campus recreation actually helps in your studies.

Don't believe what you read? Well you had better believe what you read because many studies have been done over the years that highlight the importance of balancing your studies with some form of recreation.

Now campus recreation doesn't mean sitting in the campus bar practising your "arm curls" as you pour a beer down your throat. Nor does lounging around the Sanctuary watching movies qualify as campus recreation.

Rather, campus recreation is about being active and breaking a sweat. It's a part of that crazy thing called student life. But more importantly, campus recreation is about healthy living. Conestoga College has one of the best on-campus recreational facilities in all of Ontario. While the University of Waterloo, which is considered by some to have one of the best campus recreation programs in Canada, has more facilities for campus recreation, our facilities are comparable.

Where we fall short in comparison to Waterloo is the fact that we don't have their participation numbers. But that can change and it won't take much.

All it will take is the student body to use our recreational facilities more often. It will take the student body using our facilities with such overwhelming numbers that more facility space is allotted for campus recreation.

This isn't to say the current space allotted for campus recreation is inadequate. The space allotted for campus recreation is designed based on current use.

Currently, the weight room is being used heavily. The college and CSI made an investment in campus recreation because both organizations know the value of balancing school with exercise. What students fail to realize is that they have this great facility and this great opportunity available to them. All students have to do is step up and want to participate in campus recreation.

For many years, campus recreation at Conestoga College was an afterthought. That attitude needs to change. Campus recreation needs to be as important as your studies and hanging out in the Sanctuary on pub nights.

The worst thing that can happen is that you don't enjoy campus recreation.

The best thing that can happen is that you enjoy yourself and keep on participating.

Jody Andruszkiewicz
CSI events programmer

Family is important to comedian



(Photo by Carrie Hoto)

Simon B. Cotter, a comedian, kept students laughing in the Sanctuary on Nov. 6.

By CARRIE HOTO

Would you give up a big salary and your own personal assistant to start another career from scratch?

That's exactly what Simon B. Cotter did.

He went from being an executive at a real estate company to starting over in his true love, comedy. "Most people thought I was nuts," Cotter said, adding, "I went from a huge salary to crap."

The 40-year-old has been back in the comedy business for the past 15 years. He performs between 200 and 300 shows a year.

The stage is where Cotter belongs. "I was the class clown. I was the kid in the class who made the other students and the teacher crack up."

Cotter is the youngest of eight children. "In order to get attention I always found the funny things in odd situations." His parents have always been supportive. "My parents thought it (comedy) was a natural extension for me."

Cotter now has a family of his own. He is married and has one girl and two boys. His family is the most important thing in his life. "Most people (parents) say after they get big, they wish they would have spent more time with their family. I will never have to say that." Cotter works a lot of venues at night. Therefore he can spend all day with his children.

The only thing on Cotter's mind right now is his family. In a few years, when his children get older,

Cotter said he will let his career "take off again."

Cotter has appeared on Just for Laughs, CBC-TV Gala, CBC's Comics, CTV/The Comedy Network's Comedy Now, the Dini Petty Show, CTV's the Shirley Show and Much Music. Internationally Cotter has performed on A&E's Evening at the Improv, The Comedy Store TV Show in the United Kingdom and two episodes of LIVE at Jonleers, UK and the BBC's The Stand Up Show, according to www.diamondfield.com.

"Follow your heart and when it stops being fun - stop."

Simon B. Cotter, comedian

The UK comedy guide, Chortle, referred to Cotter as, "Sharp, lively and acid tongued. Cotter is an entertaining addition to any bill," adding, "This overweight Canadian isn't pushing the envelope on the cutting edge of comedy, but his material is strong and his stage presence dominating. Definitely worth seeing," according to www.chortle.co.uk

Cotter also does stand-up shows for businesses as well as Christmas shows. He has performed for such companies as: Sony of Canada, Bell Canada, Scotia Bank, Ford of Canada, IBM, General Motors, Tele-Direct and Bayer Canada.

He has competed in various festi-

vals and was the first Canadian to land in the finals of the San Francisco comedy fest, not to mention being involved in the Just for Laughs comedy festival four times.

Cotter has accomplished a lot in the past 15 years, but if he doesn't consider this "taking off," how far will he go?

The crowd filled up the Sanctuary on Nov. 6 to watch this lively comedian perform his hour-long show. The full house was kept in hysterics. Although there were a couple of students in the back whistling and acting immaturely, Cotter handled it by telling the juvenile students to go to the cafeteria if they wanted to continue interrupting his show. He referred to the students as "test-tube babies gone wrong."

At a previous show Cotter was actually afraid for his physical safety. "Once I did a show in Medicine Hat at a strip club, but it turns out the bar was full of about 600 British army guys." The men were at the club to watch exotic dancers. Needless to say, they were very unimpressed with Cotter's comedy act. "It was the worst hour of my life," he added.

Bill Cosby has inspired him. "I always want to perform live, that's what I love about Cosby. No matter how much money he has he still takes five weeks off to go to Vegas and do stand up. He's making \$90 million a year, but he still does it."

Cotter offered advice to students wanting to follow in his footsteps. "Follow your heart and when it stops being fun - stop."

Who will steal the bachelor's heart?

By KATE VANDEVEN

After six heart-stopping episodes, the question remains for all those fanatic viewers: who will get the final rose?

For all you devoted viewers, you know what the rose represents, you know that the rose can only mean one thing, the bachelor!

As viewers sit at the edge of their couches and wait for the final rose ceremony on Thursday, the fate of two women drift into their living rooms.

For the female viewers, they are eager to see who the hunky bachelor will propose to. And the guys, let's just say they tune in to see the ladies!

So who will it be? Will it be the southern belle from Alabama - Brooke, the 22-year-old blond who is a student?

Or will it be the challenging brunette from New Jersey? Helene, who is 27 is an elementary school psychologist; that would explain the 10 million questions she asks the bachelor Aaron every date.

Which one will the blond, blue-eyed bachelor choose? This is a burning question for Conestoga students as they tune in each week to watch this "perfect" bachelor. Aaron, who just happens to be the vice-president of a chain of family-

owned banks and who in his free time partakes in flying, boating, water-skiing and playing the piano.

When asked the big question, who do you think will win the final rose, some Conestoga students already had their minds made up.

Carla Black, 19 of Owen Sound says she is addicted to the show and wants Helene to win because she thinks Helene is a challenge to Aaron. Black thought that Gwen might win, the 31-year-old pharmaceutical consultant from Philadelphia, but after the shocking episode that occurred a couple of weeks ago, she is one bachelorette that will not be receiving the final rose.

Black, who is in her first-year of management studies, says she likes the show because it is entertaining and because she thinks the bachelor is "hot!"

Leah Baker, who is in her first-year of journalism, also feels that Helene is going to win. Baker, 18, of Pickering, thinks that Helene will win because the guys always vote

for the brunettes. She also watches the show because of its entertainment value.

Scott Rawlings, 18, of London is in his first year of management studies and watches The Bachelor because he likes to look at the girls. Rawlings thinks Helene is going to be the next Mrs. Bachelor.

Taking a different stance, first-year journalism student Carla Kowalyk thinks that the hunky bachelor is superficial and will pick the best-looking girl. Kowalyk, 19,

of Brantford does not like to watch The Bachelor, but gets sucked into it every week by her devoted friends.

However, first-year management studies student Ashley Waite enjoys watching the show and is rooting for Miss Alabama. Waite, 19, of Owen Sound, thinks the

show is awesome and feels Brooke should win because she is nice, pretty and has a great family.

Unfortunately, for all you Bachelor addicts, you have a few more agonizing days to wait and see who Aaron chooses for his wife.



Rawlings



Kowalyk



Waite



Black



Baker

COUNSELLOR'S CORNER: Quitting

"I don't want to be here!" Many students, exhausted by workload and weather and discouraged by borderline marks, consider leaving college. Counsellors see many students who want out and hope to return later. But is "out there" any better? Quitting does not solve a financial shortfall or make the course work any easier the next time.

Leaving causes other problems. A sudden void is created in the student's life. Jobs are elusive. Contact is lost with school friends who form a natural community of support. Returning to school seems a monumental task.

This is not a "carry on at all costs" message. Rather, know the costs and consider all alternatives carefully. Consider options other than withdrawal from a program:

Drop a course which is not salvageable and pick it up later. Consult your instructor before conceding defeat.

Pick up a failed course through Continuing Education evening or summer classes.

Negotiate with the program chair for partial load. Better to save a few than lose all.

Apply for Peer Tutoring. The cost to the student is minimal and it works.

Considering transferring to another program within your school.

Communicate with a peer or faculty with whom you are having difficulty.

Request a leave of absence (Health Sciences).

Ask for help from faculty or classmates.

Seek temporary shelter if home has become untenable. Community resources are listed in Student Services.

See your doctor. A sudden decline in energy may indicate treatable illness.

Take off a day or two to deal with grief or personal loss. Everyone is entitled to a "personal" absence now and then.

These and many other solutions have been explored by students with a counsellor. We are here to listen and help when you have run out of ideas. Most find they can get through with a little support or leave with a plan for completing their education.

A Message from Student Services (Room 2B02)

Helpful hints for buying that special gift

By KATHLEEN DESCHAMPS

(Due to certain store policies, the last names of store clerks have been withheld.)

For those of you thinking about buying your girlfriend a shoe rack this year for Christmas, please think before you spend.

Many wonderful gifts can be found within Fairview Park Mall in Kitchener that will not make your girlfriend dump you before New Year's Day.

Christmas season is a stressful time of year for those with a loved one. You want to get her a gift that means something, but also one that won't put a hole in your wallet.

She may tell you it is the thought that counts, but rest assured, she is probably lying.

Here is a helpful guide on what girls really want and do not want for Christmas.

Jewelry is always a fabulous idea. It's an obvious choice, but for obvious reasons.

Natavia, store manager of Ben Moss Jewelers, says that diamonds



(Photo by Kathleen Deschamps)

These are some examples of gifts that are appropriate to buy a woman for Christmas.

are something that never go out of style.

"Diamonds, of course, are the best present, whether it's a necklace, a tennis bracelet, earrings or a pendant. Just make sure to get it in white gold so it will match every

outfit in her closet," Natavia said.

Speaking of closets, a woman's is never full. The Gap is already gearing up for the season by having a 25 per cent off sale on all sweaters. Sales representative Lynne says the time is now to start buying gifts for

girlfriends.

"Many men have learned the hard way that size small goes early, so those who know their girlfriends' sizes should shop now before it's too late," said Lynne. "Don't wait until the Christmas rush."

Men buying clothes for women should use extreme caution though. If you buy the wrong size, prepare to dig your way out of the doghouse.

Le Chateau offers a snuggly alternative to a sweater. Salesperson Debbie says that a unique gift could be a hat, scarf, and mitten set. She says that their jewelry is also popular, but it is a final sale, which may discourage some customers.

The Body Shop said that at this time of year their cranberry fragrance is a best seller. Irene, who works at The Body Shop, has noticed the lack of males coming in so far though.

"Men are definitely last-minute shoppers. They will come in a month from now and pick up something from the table that seems to be moving the quickest."

Some other suggestions for

males are watches, cellphones, and decorative cordless phones. These techno gadgets will not only please, but they help girls keep in touch with their loved ones.

A fun and creative idea is to get a pet. Whether it is a hamster, a kitten, or a puppy, a pet is something that you can both love and care for together.

This gift should only be bought if either she has expressed a desire for it or you are prepared to care for it if she does not want it. Many pets are abandoned each year after the novelty wears off.

For those who love the wild side of things, the Stag Shop also offers some toys for the holidays. Fun gifts for two include massage oils, sexual games, and fuzzy love cuffs.

Whether you buy a fuzzy pair of handcuffs or a fuzzy kitten for your partner, as long as you buy it with your heart, you should be OK.

Just keep in mind, she probably won't enjoy that catcher's mitt you have been eyeing, so put it down, slowly back away and think before you get it gift-wrapped at the mall.

Tips for the last-minute Christmas shopper

By REBECCA LEARN

Many people don't know whether to start their Christmas shopping early or late to get the best bargains.

For those who are undecided, some employees from various stores have some advice.

"Shop early when there's no line up and a better deal," said Sears employee Sheri Nagy, who has worked at the Fairview mall store for six years.

Nagy sells perfume and cologne, and she said the holiday sets begin to come in early in October.

She said the best time to buy is between October and mid-November because the Christmas rush starts at the end of November.

Nagy said the reason you should buy early is because when it gets busy "employees are so occupied that they can't help you."

However, for those last-minute shoppers Sears is open until 5:30 p.m. on Christmas Eve. She said they always get a lot of last-minute shoppers that night.

Women seem to get their shop-

ping done earlier and men tend to do it at the last minute, Nagy admitted.

"They'll buy anything, they're desperate," she said, adding, "That's when you sell your most expensive sets."

A co-worker of Nagy's said she knew a man who ended up shopping at the last minute for his wife and had no idea what to get her. She said he finally decided to buy her a garden hose and "she told him where to put that garden hose."

An employee at Thriftys, also in the Fairview mall, had some compelling arguments to do just the opposite. She advises to do your shopping later.

Heather Wilson has worked at Thriftys for just five weeks, but she has already seen people returning gifts they bought early because the recipients have changed their minds about what they want.

"They start a lot earlier than they used to," Wilson said.

She said their Christmas rush starts about Nov. 1 and goes straight through until Boxing Day.

She said she thinks that if you

wait longer you can find better deals at many stores. She said many items start to go on sale closer to Christmas.

Wilson recommends that you "look around and see what the new ideas are in every store."

She said a woman came in and

bought a turtleneck already, then the person she bought it for decided she didn't want it anymore.

"You can save a lot of heartache coming back with returns" if you wait a little longer, she said, although, she doesn't suggest waiting until Christmas Eve.

Wilson said they get a lot of fathers then saying, "Oh my gosh! Gotta get one more gift."

Thriftys will be open on Christmas Eve along with many other stores in the mall for those who prefer to wait and power-shop.



(Photo by Rebecca Learn)

Last-minute shoppers often find they can't find the size they need or the selection they want.

FINDING LIFE BALANCE

TIP of the week



LIFE BALANCE IS...

... the art of balancing the finite things like our time, our energy and our thoughts with the infinite needs of our work, our families and our personal interests and obligations.

... the art of balancing our attitudes and approaches to life between the structured and the spontaneous; between fixed schedules and flexibility.

... the art of balancing achievements with relationships; balancing things with people; balancing 'getting' with 'being'.

... involves doing something about our priorities and asking ourselves some hard questions about what is really important to us.

LIFE BALANCE IS ESSENTIAL FOR SUCCESS
not only in academics but also in life.

Time management is about making things happen, rather than having them happen to you. Studying is important, but it's not your whole life, remember that your goal is to gain time.

Since College work is a series of tasks, from short weekly assignments to long-term projects to periodic exams, scheduling time helps you spread out the work so it's more balanced.

Once you have scheduled your regular activities, you can be more realistic about the study time you have available. Being orderly and organized helps combat anxiety and you can earn the right to guilt free non-study time.

Horoscope

Week of November 18-24

Happy Birthday
Scorpio and Sagittarius

Libra
September 24 -
October 22

Try to make the best of your special day. If people around you are too busy with their everyday lives, treat yourself to something special.

A relationship is going to become stronger. Whether it be with family or friends someone is going to have a major influence on you.

Luckiest day: November 23.

Aries
March 21 - April 18

Scorpio
October 23 -
November 21

If someone tries to point you in a certain direction, follow your instincts. Despite what he or she says you know what is best for you.

Luckiest day: November 24.

People will start coming to you for advice. They know you'll be honest. Use your intuition to help them with their problems.

Luckiest day: November 21.

Taurus
April 20 - May 19

Sagittarius
November 22 -
December 21

You'll have a busy week. Several unrelated situations may pop up. Deal with any problems separately and everything will be fine.

Luckiest day: November 19.

Fate will be playing a role for a while. Expect the unexpected, and be kind to others, as your good deeds will come back to you.

Luckiest day: November 24.

Gemini
May 21 - June 21

Capricorn
December 22 -
January 19

You are going to have to pay close attention to your finances. Don't splurge on anything you don't need until later.

Luckiest day: November 24.

You are going to be at the centre of a conflict. Try your best to stay out of any situations where friends or family are feuding.

Luckiest day: November 20.

Cancer
June 22 - July 22

Aquarius
January 20 -
February 18

If people around you are bickering, expect them to seek your advice. If at all possible don't involve yourself in their problems.

Luckiest day: November 19.

Someone new could be popping into your life. This person is just what you need to feel better right now.

Luckiest day: November 19.

Leo
July 23 - August 22

Pisces
February 20 -
March 20

Good things are going to be happening soon. But fate has a few surprises in store for you as well, so expect the unexpected.

Luckiest day: November 21.

You are going to be surprised by a few things this week. Fate has some interesting things planned for you. Expect the unexpected.

Luckiest day: November 18.

Virgo
August 23 -
September 23

Someone will be presenting you with an opportunity to do something new. Whether it is work or leisure, it's worth a try.

Luckiest day: November 19.

Daniel Roth is a third-year journalism student who has studied clairvoyant issues for four years.

DID YOU KNOW...

85 per cent of Canadian brides receive engagement rings.
Polar bears are the most dangerous bear species. Anything that moves is considered food.
Newborns need 15 hours of sleep per day.
The white wedding dress was first worn in 1499 by Anne of Brittany when she married Louis XII of France.

The Old Farmers Almanac 2001 and 2002

Three great sites you shouldn't miss

By HALLEY McPOLIN



Halley McPolin

Opinion

How many times have you been sitting on the Internet and shocked that you can't find a thing to do there? If you've ever been in such a situation, here are three sites that will entertain you for hours:

www.yesterdayland.com - This site is brimming with nostalgia, no matter what era you grew up in. The site's slogan is "your childhood is here" and that's no lie; there are hundreds of ways to make your way down memory lane, including such sections as toys, fashion, arcade games, movies, prime time and Saturday morning. There is even an option to create your own profile and save all your favourite hobbies, shows and toys while browsing other profiles and sending messages through the site's own mailing system, similar to e-mail - all free of charge.

The site has several message boards where you can converse with other people sharing the same hobbies as you; for example the Saturday morning board is teeming with cartoon addicts who can't wait to discuss the latest news and trivia, related almost solely to their animated favourites.

Yesterdayland also sports an online shop, eCards, member spotlights and other features including interviews with such celebrities as Nancy Cartwright (Bart Simpson), director Quentin Tarantino, actors Corey Feldman and Lucy Liu and Spider-Man creator: comic guru Stan Lee - all discussing their own favourite memories of childhood.

The site doesn't miss much, so if there's a memory of an old show you used to love when you were a kid or a toy you can barely remember but want to track down, Yesterdayland will probably have it (along with a wealth of information to boot,) making

Yesterdayland.com one site you shouldn't miss.

www.imdb.com - The Internet Movie Database - is one of the most extensive and comprehensive movie Web sites on the Internet. The basis of the site is a giant search engine with almost every movie, actor, director, writer, crewmember and even extra listed.

If you have ever watched a movie or seen an extra you thought was familiar and wanted to look up, imdb.com is the best place to turn. If you didn't manage to catch their name, look up the movie itself and they will be listed in the credits - along with everything else they have appeared in, other names they might go by, photo galleries and any other Web sites they may be affiliated with.

The same goes for movies: on any given page you will find main details, including cast and crew, awards and user comments, plot summaries and memorable quotes, trivia, goofs, filming locations, taglines, photo galleries, links and much, much more. Very rarely with this Web site let you down when it comes to information and it comes highly recommended to anyone who loves movies.

www.snopes.com - The Urban Legends Reference Page is quite possibly one of the best guides to urban legends on the Net. The Canadian Oxford Dictionary describes an urban legend as an "unverifiable, apocryphal story, widely recounted as if true, which typically depicts outlandish or sensational happenings in a plausible, contemporary setting." This is basi-

cally the old "it happened to a friend of a friend of mine" situation we've all come across.

Snopes debunks them all, from the "spider eggs in the hair" story to the more recent "LSD laced tattoo stickers in the schoolyard" ... both of which had been issued to me as fact at one time or another.

The Web site has a thorough library of urban myths, all listed in category ranging from popular horrors - such as the infamous hook-on-the-car-door story - to movie rumours, like the old tale of the munchkin suicide left in the final cut of The Wizard of Oz. There is even an entire section dedicated to Disney tales ... and there are a lot of them.

Snopes also stays up-to-date with their urban myths, keeping track of all those e-mail forwards we receive each week with messages of free money from companies such as Microsoft (if we continue to spam our friends) or new and wacky virus reports to keep us on our toes.

There is a search engine on the site in case you're looking for something or someone specific, and the "what's new" section is updated regularly.

The site is maintained by Barbara and David Mikkelsen, who spend hundreds of hours researching the origins of these age-old tales and they track them right back to their roots. Information is listed at the bottom of each page in a bibliography that reassures surfers of the accuracy of their conclusions. Each tale is marked with either a green dot (true), red dot (false), yellow dot (ambiguous) or white dot (indeterminate).

This site will offer countless hours of entertainment and you'd be surprised how many "facts" you'll run across that never were.

And in case you were wondering, nothing ever happened between Richard Gere and the hamster.

DO YOU NEED A PEER TUTOR?

THE LAST DAY TO APPLY FOR A
PEER TUTOR FOR
FALL SEMESTER:

MONDAY DECEMBER 2ND 2002

TUTORS WILL NOT BE ASSIGNED
AFTER THE DEADLINE DATE



CFL popularity increases this year

By NICK HORTON

Another CFL season has come to an end, the Grey Cup is next weekend, and Canadians are finally starting to pay attention.

Many Canadians are unaware of the great history and tradition the Canadian Football League instills upon Canada's sporting history.

The CFL is the only entirely Canadian professional sports organization to operate in nine cities across Canada.

The league has taken many hits lately because of competition with other professional sport organizations expanding in Canada and in the United States.

The National Basketball Association expanded into Canada in 1995. Expansion teams the Vancouver Grizzlies and the Toronto Raptors were part of the growing sporting community

across Canada. The Grizzlies have since moved to Memphis.

Major League Baseball also shares a market in two major Canadian cities with the CFL (Toronto, Montreal) and the National Hockey League is in six of the nine cities the CFL is in.

Including the huge popularity of the NFL and rapidly growing sports such as lacrosse and soccer, it is easy to see why Canadians sometime forget about the CFL.

This aside, the popularity of the CFL actually increased this year. It amplified to the point where the team owners are now making money and players are talking about a legal strike. The players are unhappy with the current collective bargaining agreement, although most feel the dispute isn't large enough to disrupt this year's Grey Cup festivities.

Now that the league is supporting

a fairly wide fan base and money is starting to be made, the players want some of the financial concessions they gave up a few years ago when the league was in financial trouble.

Another issue the Canadian Football League Players Association would like to negotiate is the number of American players allowed in the league. The players would like another import added and another non-import added to the roster. The owners would like an import player added to the roster, while also reducing the number of starting Canadian players from seven to six. In the past, the required minimum number of Canadians in the starting lineup was 10.

Starting in 1993 the CFL expanded into the United States adding five new teams. In 1995 the divisions were re-aligned to North

and South (Canadian-American) with the five American teams playing against the eight Canadian teams.

Sacramento, Calif., which later relocated to San Antonio, was the first American team admitted in 1993. In 1994, Baltimore, Md., joined along with Shreveport, La., and Las Vegas, Nev. The Baltimore club did surprisingly well their first year winning the Grey Cup, while Las Vegas struggled with fan support eventually causing them to withdraw from the league after the first season.

In 1995, when Sacramento relocated to San Antonio, two new teams, Memphis, Tenn., and Birmingham, Ala., were added.

The American teams eventually folded due to lack of fan support. The only exception was the Baltimore club, which relocated to Montreal. The lack of a major tel-

evision contract made it difficult for American clubs to market the team and turn a profit.

In the '96 season, the CFL consisted of nine Canadian clubs, but that number was narrowed down to eight when the Ottawa Roughriders were terminated at the end of the season. This of course only lasted until 2002 when the CFL returned to Ottawa with the Renegades.

The CFL is no doubt growing, and is trying to show it. This year, the Toronto Argonauts, in conjunction with Coca-Cola, brought the great Mohammed Ali to the SkyDome along with world heavyweight champion Lennox Lewis in a publicity campaign to sell Argonaut tickets.

This coming Sunday in Edmonton, Shania Twain will perform at halftime in celebration of the 90th Grey Cup.

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